Social Emotional Learning Update

January 3, 2011

Dear Parents,

Happy New Year! I hope you and your family enjoyed the vacation and had a chance to play in the snow or build a snowman or snowlady.

I wanted to keep you posted as to what your child or children have been doing that pertains to their social emotional learning.

The focus has been on the feelings axis of the Mood Meter. They have learned to *recognize* how someone is feeling by looking at the **face** and **body** and listening to the tone of **voice** and **words** used within a context. They have demonstrated their understanding through role plays, drawing feelings pictures and talking about various emotions. We read the book *The Way I Feel* by Janin Cain to help facilitate discussion and serve as an introduction to the topic.

To further support this critical skill of being able to “read” how someone is feeling you can play feelings charades. Choose an emotion and use one or more of the clues from above. Then have your child guess how you are feeling. When they guess correctly it is their turn. They love to pretend so have fun being feelings detectives.

Regards,

Mrs. Fuller